

Brief History of Moo Sul Kwan and the Colorado Taekwondo Institute

Moo Sul Kwan was brought to the United States in 1969 by Lee H. Park when he settled in Cape Girardeau, Missouri, home of *Southeast Missouri State University*. Lee H. Park, 9th Dan, was an educational pioneer in the martial arts of the United States. Great Grandmaster Park founded the *American Marital Arts Sports and Education Association* in 1981, and had many Moo Sul Kwan schools in the area.

The Colorado Taekwondo Institute was founded in 1983. Today there are CTI Campus locations teaching Moo Sul Kwan martial arts in **Green Mountain, Littleton, Westminster, Golden, Conifer, and Craig, Colorado**. The CTI also provides educational excellence at many of our community's elementary, middle and high schools, like the program here at *Alameda International*!



Our **Denver Martial Arts Championships** began in the early 1990s and has been our kick-off to one fantastic CTI-year after another! Practice well and always compete in the true spirit of the AMASEA / MSK / and CTI.

ColoradoTaekwondo.com

We are also on Facebook at
facebook.com/coloradotaekwondo

33rd DMAC SCHEDULE

FRIDAY

6:00 PM- Black Belt Divisions

SATURDAY

6:30am- Black Belts (all ages)

8:00am- Red, Brown, Purple (all ages)

10:30am- White-Blue (8 and under)

1:00pm- White-Blue (9 and up)



Presented by: James M. Sautel, 8th dan

Tournament Directors:

Merinda J. Sautel, 7th dan

John T. Sautel, 7th dan

Erik Albrechtson, 6th dan

Ring Supervisors:

Alice Meyung, 6th

Andy McDaniel, 5th

Nick Slinkard, 4th

Eileen Lindner, 4th

Tyler Murphy, 4th

Clayton Garner, 6th

Bridget Sautel, 5th

Collin Kreutz, 4th

Don Johnson, 4th

33rd Denver Martial Arts Championships



September 8-9, 2023

Presented by the
Colorado Taekwondo Institute

**“Encouraging
world class leadership
through educational
excellence and
Moo Sul Kwan
martial arts
traditions.”**



Special thanks to
Alameda International

Benefits of Moo Sul Kwan Competition

1. A knowledge of the value of competition to the individual and to the martial art family.
2. An understanding of the rules essential to being a part of the competition.
3. The ability to think as an individual.
4. For good human relationships.
5. Respect for the rights of others and for those in authority.
6. Builds self-confidence and emotional maturity.
7. Utilization of information from other participants.

Registration

Pre registration is due by Aug 30th

4 or more events—\$65

3 events—\$55

**Tigers and school program students
(2 events)—\$40**

Late fee (after 8/30)—add \$10



You can register online at:
www.ColoradoTaekwondo.com.
Click on the Event Registration
on the Home Page.

Events

Tiger Poomse and Following Directions

Tiger poomse is for students ages 2 to 4. Students will perform a set of pattern movements executed against imaginary opponents attacking from several different directions. Tigers will also compete in following directions.

Poomse

Poomse is a set pattern of movement executed against imaginary opponents attacking from several different directions. Scores will be based on power, form, execution of technique, grace and harmony of movement. On the event of a tie, another poomse will be chosen by the contestants to be performed and scored.

Free Sparring

Sparring competition follows the single elimination type format. Matches will last two minutes.

POINT SCORING SYSTEM

Feet— There are 2, 3 and 4 point foot techniques

Hands—Punches and strikes are worth 1 point

First Point Wins!

Competitors have the chance to see who is the quickest one in the ring!

Staff Competition

Staff poomse performed for the judges. See your campus instructor for more information.

**27th Moo Sul Kwan
Black Belt Symposium**
October 13-15, 2023



Breaking and Target Kicking

Breaking materials:

Adults (16 and up): 1" x 12" x 12" pine boards

Teens (12-15): 1" x 12" x 10" pine boards

Orange, Green and Blue Belts ages 12 and up

2 rounds—must break to advance

Purple, Brown and Red Belts

Adults (16 & up) – Two technique combo.

(1 or 2 boards per target.)

Teens (12-15) – 3 rounds— All feet.

Must break to advance, no duplicate breaks.

(1 board per target.)

Black Belts

3rd Dan and up—Power breaking

1st and 2nd Dans—3 technique combo

Target Kicking—Pur/Brn/Red 11 and under

Any order—any direction using the following:

Step behind side kick

Step spinning back kick

Flying side kick

